

**ABSTRACT OF THE DISCLOSURE**

An aquatic gliding board which incorporates a subassembly that includes a hollow inner shell which is covered with a casing made of foam capable of being machined. The invention also relates to a hollow gliding board, such as a surfboard, that includes at least one longitudinal partition, such partition(s) connecting upper and lower portions of the subassembly. The partition(s) is(are) made of a foam, such as an elastic foam.